

happy and content
with the qadar
(predestination of
Allah)

h) make sure I have
read ayat kursi
(the verse of the
Throne (of Allah) footstool)

i) make sure I am as
relaxed as possible

j) make dhikr (if required) /
and dua (if required)

3. I didn't even take
promethazine today, nor
did I take kalms (valerian)